



# PASSIONFRUIT SOUFFLÉ

*Soufflé is revered for its light, fluffy texture, requiring a skilful hand to make it just right and risen to perfection – it's a hero dish for our glossy egg whites. The passion fruit gives an almost floral flavour which is perfect as a spring or summer pudding. Enjoy alongside a sparkling glass of Nyetimber Cuvee Chérie, a delicious English demi-sec, known for its delicate sweetness.*

Prep time 30 minutes | Cook Time 15 minutes | Serves 4

---

Unsalted butter, softened for greasing ramekins	100ml double cream
2 Clarence Court hen egg yolks and 4 whites	100ml whole milk
6 tablespoons caster sugar, plus extra for coating ramekins	The pulp of 5 passion fruits, sieved to remove seeds
3 teaspoons cornflour	Icing sugar, for dusting
1 tablespoon plain flour	Mango and passion fruit coulis, to serve

---

Coat the inside of four 150ml or 200ml ramekins with melted butter. Add a sprinkle of sugar to each, coating both the sides and bottom, then shake out any excess and place in the fridge to chill.

Pre-heat the oven to 180°C/160°C fan and place a tray in the middle of the oven.

Put the 2 yolks into a separate small bowl and add 6 tablespoons of sugar.

Mix the cream, flour and cornflour in a bowl until smooth, then warm the milk in a saucepan until just bubbling. Add the milk a little at a time, whisking in between until the mixture is a thick, creamy consistency. Press any lumps against the side of the bowl to break them up.

Pour the mixture back into the saucepan and set on a gentle heat. Beat vigorously and continuously with a hand whisk until it thickens, ensuring the mixture doesn't stick to the base of the pan. Remove from heat, when you feel it has thickened, and whisk in the passion fruit pulp a little at a time. The heat of the pan will continue to cook the mixture.

Beat the egg yolk and caster sugar together to form a thick paste and add this to the mixture in the saucepan, mixing until smooth. Return the pan to the heat and when the mixture begins to simmer, remove from heat. At this point the mixture should look like thin custard. Put to one side to cool.

Meanwhile, prepare the egg whites in a clean, grease-free large bowl. Whisk until soft peaks form and the egg whites look like fluffy clouds.

When the mixture in the saucepan has cooled to room temperature or cooler, add the egg whites, one large spoonful at a time, using a spatula to gently fold them in. The aim is to fold in air bubbles without breaking them up. Continue until the mixture is a pale yellow with no streaks of egg.

Fill each ramekin to the brim and ensure they are level and flat. Run a cocktail stick around the inside of the rim of the ramekin to ensure the soufflés rise without catching the sides.



# PASSIONFRUIT SOUFFLÉ

Place the ramekins evenly spaced on a baking tray for around 14 minutes in the middle of the oven. Don't open the door while they cook but watch the time carefully and, at 14 minutes, check if they are risen and golden. If using smaller ramekins, reduce the time by a few minutes.

Carefully remove from the oven, dust with icing sugar and serve with the sweet, syrupy coulis.



    [clarencecourt.co.uk](http://clarencecourt.co.uk)

Follow us on social media for more inspiring recipes, fabulous photography, seasonal collections, competitions and events.

**FABULOUS EGGS BY FABULOUS BIRDS SINCE 1928**



Clarence Court

